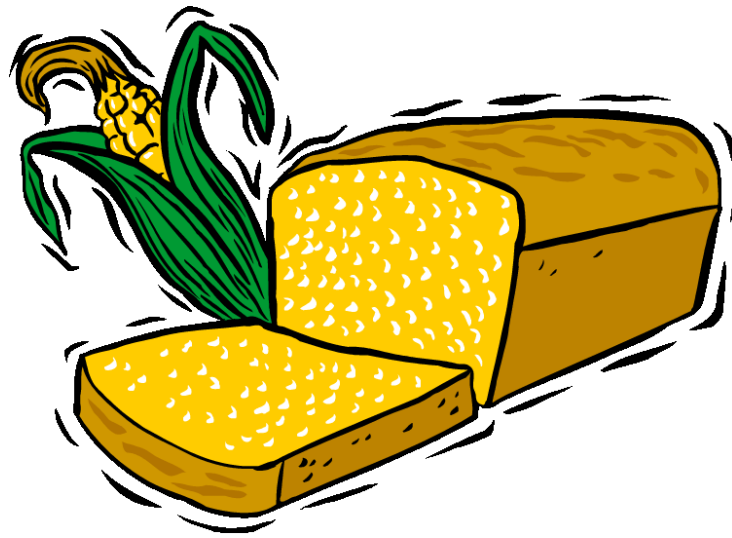


Bread Recipes

Manti 9th Ward Relief Society
Super Saturday Event

January 2022



Contents

#1	YEAST BREAD	3
#2	WHOLE WHEAT SODA BREAD	4
#3	SOUR DOUGH CINNAMON RAISIN BREAD	5
#4	ZUCCHINI BREAD	7
# 5	WHOLE WHEAT PITA BREAD	8
#6	BAGELS	9
#7	WHOLE WHEAT LEMON POPPY SEED MUFFINS	11
#8	CRACKERS	12
#9	WHOLE WHEAT PANCAKES	13
#10	WHEAT OR WHITE FLOUR TORTILLAS	14
#11	GLUTEN FREE - OAT FLOUR BREAD	16
#11	A GUIDE TO GLUTEN-FREE FLOURS	17
#12	SUBSTITUTES FOR OIL OR BUTTER IN BAKING	19
#12	THREE SUBSTITUTES FOR YEAST IN BAKING	22

#1 YEAST BREAD

INGREDIENTS

1 pkg active dry yeast dissolved in ½ cup warm water
2 cups milk scalded
½ cup sugar I use honey
½ cup shortening Crisco
2 tsp. of salt
7 ½ to 8 cups all-purpose flour
2 slightly beaten eggs

DIRECTIONS

1. Soften yeast in warm water. Combine next four ingredients;
2. Cool to lukewarm.
3. Add 3 cups of flour; mix well. Stir in softened yeast.
4. Beat well. Add remaining flour two cups at a time until you have a soft dough. If you are doing this by hand turn out on a lightly floured surface and knead until smooth and not sticky (about 10 minutes). Place in a lightly greased bowl. Cover and let rise till double (1 ½ to 2 hours).
5. Punch down and divide dough in half and let rest for ten minutes.
6. Roll each half in a 15 x 7 inch rectangle about ½ inch thick. Roll each as for Jelly roll. Seal long edge. Place sealed edge down in 2 greased 9 ½ x 5 x 3 inch loaf pans.
7. Let rise for 30 to 45 minutes.
8. Bake in moderate oven at (375°) for 15 minutes then turn oven down to (350°) and bake for 20 min..
9. Remove from oven and brush loaves with soft butter.

*For a special treat after rolling dough into a rectangle mix ¾ cup sugar with 1 ½ tablespoons of cinnamon, spread softened butter then cinnamon mixture on dough then roll up and place in pans.

When I feel like I need to use wheat flour I will add a cup or two in place of white flour.

Recipe by Barbara Wintch

#2 WHOLE WHEAT SODA BREAD

INGREDIENTS

4 cups whole wheat flour (or use 2 cups all purpose flour & 2 cups whole wheat flour)

3 teas baking powder
1 teas baking soda
1 teas salt
¼ cup butter (4 TB) or applesauce
1 ¼ cups raisins or currants
1 egg beaten
1 ¾ cups low fat buttermilk or substitute 1 ½ cup plain yogurt and ¼ cup milk
1 TB molasses or 1 TB honey

DIRECTIONS

In a big mixing bowl, combine flour, baking powder, soda and salt.

Cut in butter until it reaches a coarse meal consistency. (Can use knives or fingers).

Add raisins.

Combine liquids separately. Add liquids to dry ingredients.

Mix until a soft dough forms. At some point it will become hard to stir it and it will be better to use your hands. Kneading the dough is the best way to combine all the ingredients

completely. Knead it gently until it is smooth (about 3 minutes). You can knead it in the bowl.

Shape the dough into 2 balls and place them on a greased cookie sheet. Flatten each ball slightly and cut an X about 1/4" deep in the top of each loaf.

Bake at 375 degrees for 35 minutes.

Cool on a rack.

#3

SOUR DOUGH CINNAMON RAISIN BREAD

INGREDIENTS

DOUGH

4 cups bread flour (all purpose)
6 TB unsalted butter, softened, cut into cubes
2 TB sugar
½ teas fine sea salt
½ cup bubbly, active sourdough starter
1 cup warm water
1/2 cup raisins
1 TB pure vanilla extract

EGG WASH

1 egg (lightly beaten) + a splash of water or use all water

CINNAMON-SUGAR SWIRL

1/3 cup sugar
1 TB cinnamon
1 TB flour

DIRECTIONS

BAKING SCHEDULE

This is an overnight dough which takes approximately 8 ½ hours to rise at 68 degrees F. Start the night before in the evening and plan to bake the following day. Alternatively, if you're making this in the summer and it's warmer than 68 degrees, the dough will take less time to rise, about 4-6 hours at 80+ degrees. Instead of the overnight option (which might lead to over-proofed dough), let it rise during the day to bake later in the afternoon or evening.

MIX THE DOUGH

Add the flour, butter, sugar and salt to the bowl of a stand mixer fitted with the paddle attachment. Combine on low speed until the butter looks like crumbs. Add the starter and warm water. Mix until the flour is fully absorbed. Cover with plastic wrap or a damp towel and let rest for 30 minutes.

Meanwhile soak the raisins in the vanilla extract. Drain and squeeze dry in a paper towel before using. After the dough has rested, add the raisins to the bowl. Switch to the dough hook and mix on medium-low for 6 – 8 minutes. The dough will feel soft and supple when ready. If it's sticky, add a little more flour. In lieu of using a stand mixer, knead the dough by hand without raisins for 8-10 minutes or until smooth and elastic. Cover and rest for 1 hour. If mixing by hand, add the raisins during the first stretch and fold. They will be easier to incorporate at this stage.

BULK RISE WITH STRETCH AND FOLDS

Cover the bowl with plastic wrap and let rise overnight at room temperature (68 degrees) until double in size, about 8-12 hours. To stretch and fold the dough, begin 30 minutes to 1 hour into the bulk rise. Grab a portion of the dough and stretch it upward. Fold the dough over

toward the center of the bowl. Give the bowl a one quarter turn and repeat (stretch the dough upward and fold it over toward the center). Continue until you have come full circle to complete 1 set, or 4 folds around the bowl. Rest the dough for 30 minutes and then do a second set.

SHAPE THE DOUGH

In the morning, coat a 9" x 5" pan with butter. Combine the sugar, cinnamon and flour in a small bowl. Set aside. Remove the dough onto a lightly floured work surface. Gently pat, flatten and stretch the dough to release any large air bubbles. Roll the dough into a 6" x 20" rectangle with a rolling pin. Gently score a 1" border around the sides leaving a 2" border at the very top to seal the dough (do not cut through the dough, only mark it). Brush the entire surface with the egg wash or water. Sprinkle the cinnamon-sugar mixture inside the border. Slowly roll the dough into a log pinching the ends to seal. Place the dough into the loaf pan seam side down.

SECOND RISE

Cover the dough and let rest at room temperature until it has risen to about 1" above the rim of the pan (about 1 ½ – 2 hours depending on temperature). Check the height by looking at the domed center portion of the dough. Preheat your oven to 375 degrees towards the end of the second rise.

BAKE THE DOUGH

Place the loaf pan on the center rack and bake for about 45-50 minutes, or until golden brown.

Cool in the pan for at least 10 minutes and then transfer to a rack to cool completely.

Original recipe was from theclevercarrot.com but made by Barbara Wintch.

#4 ZUCCHINI BREAD

INGREDIENTS

3 to 4 cups grated fresh zucchini
¾ cup butter melted plus more for greasing the pans
3 cups all-purpose flour
1 teas baking soda
1 teas baking powder
2 teas cinnamon
½ teas ground ginger
¼ teas ground nutmeg
1 1/3 cups sugar
2 large eggs, beaten
2 teas vanilla extract
1 cup chopped pecans or walnuts (optional)
1 cup raisins (optional)

DIRECTIONS

1. Drain the zucchini by placing the grated zucchini in a sieve or colander over a bowl to drain any excess moisture. If the grated zucchini seems to be on the dry side, sprinkle water over it as it's in the colander, then let it drain.
2. Preheat the oven to 350 degrees F. Butter two 9 x 5 inch loaf pans.
3. In a large bowl, vigorously whisk together the flour, baking soda, baking powder, cinnamon, ginger, and ground nutmeg.
4. In another large bowl, whisk together the sugar, eggs and vanilla. Stir in the drained grated zucchini and then the melted butter.
5. Add the flour mixture, a third at a time, to the sugar-egg-zucchini mixture stirring after each incorporation. Fold in the nuts and raisins if using.
6. Divide the batter equally between the greased loaf pans. Bake for 50 minutes at 350 degrees F or until a tester inserted into the center comes out clean. Cool in pans for 10 minutes. Turn out onto wire racks to cool thoroughly.

5 WHOLE WHEAT PITA BREAD

INGREDIENTS

2 packages (¼ ounce each) active dry yeast
2 cups warm water (110 to 115 degrees), divided
½ teas honey
¼ cup olive oil
1 TB salt
5 to 6 cups whole wheat flour
All purpose flour to dust counter
Cornmeal

DIRECTIONS

1. In a large bowl, dissolve yeast in ½ cup warm water. Add honey. Let stand for 5 minutes. Add the oil, salt, 3 cups of whole wheat flour and remaining water. Beat until smooth. Stir in enough whole wheat flour to form a soft dough.
2. Turn onto a surface dusted with all purpose flour. Knead until smooth and elastic about 6 to 8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled (about 1 ½ hours).
3. Punch dough down. Let rest for 10 minutes. Turn onto a lightly floured surface. Divide dough into 12 pieces. Shape each into a ball. Knead each ball for 1 minute. Cover and let rest for 20 minutes.
4. Grease baking sheets and sprinkle with cornmeal. Roll each ball into an 8 inch circle. Place on prepared baking sheets. Cover and let rise in a warm place until doubled, about 30 minutes.
5. Bake at 475 degrees for 8 to 10 minutes or until browned. Remove from pans to wire racks to cool. To serve cut in half and split open. Stuff with fillings of your choice.

Recipe from TasteofHome/Enthusiast Brands

INGREDIENTS

1 ½ cups warm water between 100 and 110 degrees F
2 ¾ teas active dry yeast (1 package)
3 cups all purpose flour + 1 cup whole wheat flour
1 Tbs sugar (granulated, light or dark brown)
2 teas salt
Nonstick spray or 2 teas olive oil to coat the bowl
1 egg white beaten with 1 TB water for the egg wash

FOR BOILING

2 quarts water
¼ cup honey

INSTRUCTIONS (instructions will be given to mix with an *electric mixer* or (by hand))

1. *Whisk the warm water and yeast together in the bowl of your stand mixer fitted with a dough hook attachment. Cover and allow to sit for 5 minutes.*
2. *Add the flour, sugar and salt. Beat on low speed for 2 minutes. The dough is very stiff and will look somewhat dry.*
3. *Turn the dough out onto a lightly floured surface. With lightly floured hands, knead the dough for 4 to 5 minutes. The dough is too heavy for the mixer to knead it. (If not using a mixer knead the dough by hand for 10 minutes).*
4. Lightly grease a large bowl with oil or nonstick spray. Place the dough in the bowl, turning it to coat all sides with oil. Cover the bowl with plastic wrap or a clean kitchen towel. Allow the dough to rise at room temperature for 60 to 90 minutes or until double in size.
5. Line 2 large baking sheets with parchment paper or silicone baking mats.
6. When the dough is ready, punch it down to release any air bubbles. Divide the dough into 8 equal pieces. Shape each piece into a ball. Press your index finger through the center of each ball to make a hole about 1 ½" to 2" in diameter. Loosely cover the shaped bagels with a kitchen towel and rest for a few minutes as you prepare the water bath.
7. Preheat oven to 475 Degrees.
8. Fill a large, wide pot with 2 quarts of water. Whisk in the honey. Bring water to a boil, then reduce heat to medium high. Drop bagels in (2 to 4 at a time) making sure they have enough room to float around. Cook the bagels for 1 minute on each side.
9. Remove from water and put on a kitchen towel or rack.

10. Using a pastry brush, brush the egg wash on top and around the sides of each bagel. Seeds can be put on top. Place 4 bagels onto each lined baking sheet. Bake for 20 minutes or until golden brown, rotating the pan halfway through. Remove from the oven and allow bagels to cool on the baking sheets for 20 minutes, then transfer to a wire rack to cool completely.
11. Slice, toast and enjoy.

Recipe from sallysbakingaddiction.com

#7

WHOLE WHEAT LEMON POPPY SEED MUFFINS

INGREDIENTS

1 cup all purpose flour & $\frac{3}{4}$ cup whole wheat flour
1/3 cup sugar
2 teas baking powder
 $\frac{1}{4}$ teas salt
1 egg
 $\frac{3}{4}$ cup milk
 $\frac{1}{4}$ cup applesauce
 $\frac{1}{4}$ cup lemon juice
1 TB poppy seeds

INSTRUCTIONS

Mix ingredients together in the order they are listed.

Put in muffin cups, bake in a 375 degree oven for about 15 minutes.

Recipe from Toni Anderson

INGREDIENTS

2 cups all-purpose flour
3 tsp baking powder
1 TB sugar
1 tsp salt (½ teas in mix, ½ teas for topping)
8 TB cold butter, divided
2 TB vegetable oil
2/3 cup water
1 egg – beaten for egg wash (optional)

DIRECTIONS

1. Preheat oven to 400 degrees and line baking sheets with parchment paper.
2. Add flour, baking powder, sugar and ½ teas salt to the food processor and give a quick pulse to combine.
3. Add 6 TB cold butter a few small pats at a time and pulse to combine them. Then slowly add vegetable oil with the food processor running.
4. While the food processor is pulsing, add water a little at a time until a dough starts to form into a ball.
5. On the parchment paper, roll dough out as thin as you can with a rolling pin.
6. Shape by cutting with a pizza cutter or cookie cutter.
7. Using a fork, poke holes in each cookie.
8. Brush the cracker cutouts with the egg wash and sprinkle with kosher salt.
9. Bake in center rack of oven for 10 minutes or until just getting brown.
10. Melt remaining 2 TB butter and brush while crackers are still hot.
11. When cool, store in an airtight container at room temperature.

<https://www.cupcakeproject.com/homemade-ritz-crackers-recipe/>

#9

WHOLE WHEAT PANCAKES

INGREDIENTS

2 cups whole wheat flour

1 TB baking powder

1 teas salt

3 eggs (for fluffier pancakes, divide eggs. Put yolks in batter. Whisk egg whites until stiff and fold them into batter.

2 cups milk (can use powdered milk)

½ cup oil or applesauce

DIRECTIONS

1. Mix dry ingredients together in a medium sized bowl.
2. Add wet ingredients and mix together. If whisking egg whites, fold them into batter last.
 1. Cook on a hot griddle. When bubbles on top side pop open, turn and fry on other side.

Recipe from the Tassajara Bread Book.

#10 WHEAT OR WHITE FLOUR TORTILLAS

INGREDIENTS

3 cups whole wheat or white flour

1 stick softened butter (½ cup)

½ teas salt

1 cup very hot water

DIRECTIONS

1. Mix flour and salt together.
2. Add softened butter and mix with fingers until crumbly.
3. Add 1 cup of very hot water.
4. Mix to form a dough. If all flour doesn't mix, add 1 TB of water at a time until a soft and manageable dough is formed.
5. Set aside for 1 hour.
6. Roll into a log and cut it in several pieces depending on how large you want the tortillas.
7. Roll each piece into a ball. With your hands or a rolling pin, spread dough into a very thin circle.
8. Heat a skillet or fry pan on high.
9. Fry at a high temperature until edges look dry.
10. Flip over and fry until bottom is slightly browned.
11. As you will be cooking tortillas one at a time, stack the already fried ones in a napkin with a napkin in-between the layers and put into a plastic bag.
12. To fold them, put a napkin around them and fold them in half. Put another napkin on the top and press together. When they are puffed up, they are done.
13. When all are fried, add beans, rice, cheese, lettuce, tomatoes, left-over vegetables etc.

CORN TORTILLAS

INGREDIENTS

1 cup corn flour

½ teas salt

1 cup hot water

DIRECTIONS

1. Mix well. Let rest for 10 minutes.
2. Divide dough into balls.
3. You can flatten by putting plastic wrap on ball and pressing down with a plate until you have a very thin round circle or use hands or rolling pin.
4. Fry at high heat on a griddle or fry pan about 3 minutes until lightly brown.
5. Turn over and fry on the other side.
6. To keep already fried tortillas warm while frying the rest, place each in-between towels.

You can make 1 ½ cups corn flour and 1 ½ cups wheat or white flour.

DIRECTIONS

1. Add ½ teas salt
2. ¾ cup hot water or broth.
3. Mix well.
4. Make into balls, flatten and fry.

Recipes by Antonietta Terry

#11

GLUTEN FREE - OAT FLOUR BREAD

INGREDIENTS

2 ½ cups oat flour
2 teas baking powder
½ teas baking soda
½ teas salt
¾ cup plain yogurt
¾ cup milk
2 large eggs
¼ cup oil or applesauce
¼ cup honey
1 cup old fashioned rolled oats

DIRECTIONS

1. Preheat oven to 350 degrees. Liberally grease an 8" x 4" loaf pan. Set aside.
2. Make the oat flour by placing 2 ½+ cups rolled oats in a high-powered blender or a food processor. Blend the oats until they turn into a fine, powdery flour, about 1 minute.
3. Blend together the oat flour, baking powder, baking soda, salt, yogurt, milk, eggs, oil or applesauce and honey. Scrape down the sides of bowl and blend well. The batter will be thin.
4. Add the cup of old fashioned rolled oats. Mix well.
5. Pour the batter into into the prepared loaf pan. If desired, sprinkle additional oats on the top before baking.
6. Bake for 50-55 minutes.
7. Test for doneness by inserting a knife or wooden skewer through the middle of the loaf. Bake until it comes out clean from batter.
8. Let bread cool completely before slicing. Can store in refrigerator or freezer.

Recipe by Melissa Erdelac from mamagourmand.com

#11 A GUIDE TO GLUTEN-FREE FLOURS

Almond Flour This moist flour results in dense and chewy baked good. It's often mixed with wheat flour to produce a lighter texture.

Buckwheat Flour Buckwheat is not wheat, but is actually a protein-rich seed from a plant similar to rhubarb. After the seed is ground, it becomes a silky flour with a purple-gray color. It can be a little tricky to work with on its own, so is often mixed with other whole-grain flours and ingredients to make baked goods. When used in smaller amounts, or in combination with other flours, it makes baked goods moist and tender.

Coconut Flour With a subtle flavor and aroma of coconut, this popular gluten-free flour is high in fiber and low in calories. It's often mixed with regular wheat flour, but be sure to fluff it with a fork before you measure it. .

Potato Starch Flour This is a gluten-free thickening agent that is perfect for cream-based soups and sauces. Mix it a little with water first, then substitute potato starch flour for flour in your recipe, but use half the amount called for. It can be purchased in a health food store.

Tapioca Flour This is a light, white, very smooth flour that comes from the cassava root. It gives baked goods a nice chewy texture. Try it in white bread or French bread recipes. It is also easily combined with cornstarch and soy flour.

Soy Flour This nutty-tasting flour has a high protein and fat content. It's best when used in combination with other flours and for baking brownies, or any baked goods with nuts or fruit, which will mask any "beany" flavor.

Cornstarch A refined starch that comes from corn, it's mostly used as a thickening agent for puddings, fruit sauces, and Asian cooking. It is also used in combination with other flours for baking.

Corn Flour This flour is milled from corn and can be blended with cornmeal to make cornbread or muffins. It is excellent for waffles or pancakes.

Cornmeal Cornmeal can be ground from either yellow or white corn. This is often combined with flours for baking. It imparts a strong corn flavor that is delicious in pancakes, waffles, or muffins.

White Rice Flour This is an excellent basic flour for gluten-free baking. It is milled from polished white rice. Because it has such a bland flavor, it is perfect for baking, as it doesn't impart any flavors. It works well with other flours. White rice flour is available in most health food stores, and also in Asian markets. Look for types called fine-textured white rice flour.

Brown Rice Flour Made from unpolished brown rice, brown rice flour retains the nutritional value of the rice bran. Use it in breads, muffins, and cookies.

Kamut and Spelt Flours These are ancient forms of wheat. While they aren't appropriate for gluten-free diets, they can be often be tolerated by people with gluten sensitivities.

From Allrecipes.com

#12 SUBSTITUTES FOR OIL OR BUTTER IN BAKING

Greek Yogurt

Greek yogurt is a dairy-based nutritional powerhouse that is excellent eating as is, yet even better adding to baking recipes. In 8 ounces of whole milk Greek yogurt, there are 20 grams of protein, 190 calories, and 9 grams of fat (6 grams saturated). There are even nonfat options so that you only get a dose of protein. However, the whole milk version will give the softest baked goods since there is still fat being added. It works well to add moisture and structure for quick breads and cakes.

When substituting: For every 8 ounces (1 cup) of butter, replace with 1/2 cup Greek yogurt.

Nut Butters

Nuts are tiny but mighty in that they naturally pack protein and fat. One tablespoon contains 5 grams of protein, 8 grams of fat, and 96 calories. Skip the hydrogenated fat versions loaded with sugar, look at the label for simply peanuts and salt as the ingredients. It works well in more dense products like cookies and bars. Nut butter is typically 50% fat compared to butter at 80% fat, so it needs some additional fat incorporated. Nuts like peanut, almond, cashew, and macadamia will add its characteristic flavor which is best for cookies, bars, cakes, brownies, muffins, and quick bread.

When substituting: A 1:1 replacement for butter can be used. Combine equal parts nut butter with oil before adding into a recipe. For example: 1/2 cup nut butter with 1/2 cup melted coconut oil mixed together until smooth.

Olive Oil

Olive oil is a favorite fat to use because of its naturally rich taste and healthy unsaturated fat profile. Due to its savory and sometimes spicy flavor, olive oil isn't always the best option for sweeter baked goods, so it's best used in bread, certain muffins, pot pie or meat pie crusts and biscuits. Choose a light olive oil for a more neutral taste or extra-virgin olive oil for a more robust flavor.

When substituting: For every 1 cup of butter, 3/4 cup of oil should be used.

Black Beans

Who would have guessed that legumes could be used for baking, but it's true! Adding a bean puree to cut the fat down in baked goods also provides fiber, protein and other vitamins and minerals. Any bean could be used, like cannellini beans for a yellow cake and black beans are great for chocolate cakes and brownies. The beans should be blended first to create a smooth puree. If needed some water can be added, 1 tablespoon at a time to make it easier to process. You can even add some oil (1 to 4 tablespoons) like melted coconut oil or vegetable oil to a 15.5 ounce can of beans and process for an even creamier fat replacer.

When substituting: Bean puree can be replaced 100% for butter and will yield a more cake-like texture, which is good for cakes, muffins, and quick bread.

Avocado

Either avocados or avocado oil works well as a butter substitute, but I prefer using an actual avocado. Use the same ratio you would with butter—I puree it first and find that it offers a higher vitamin and fiber alternative to butter, with heart-healthy benefits, too. One avocado tends to yield $\frac{3}{4}$ of a cup. With avocado oil, which is full of omega-3s and vitamin E, you will have to be a little more careful of the liquid to solid ratio. In general, $\frac{7}{8}$ cup to 1 cup of butter seems to work well. The neutral flavor and creamy texture of avocados work well for darker colored muffins, quick bread, brownie, and cookies.

When substituting: I use the same amount of avocado compared with the amount of butter called for in a recipe. With avocado oil, I use $\frac{7}{8}$ cup to equal 1 cup of butter.

Coconut Oil

Coconut oil is a popular choice, mainly because it cools as a solid and turns to liquid when warm, as butter does and will help maintain thickness and viscosity in a recipe. Something to note with coconut oil is the taste, though. In small amounts, there isn't too much of a difference (if any), but in recipes that require a lot of butter, more significant amounts of coconut oil may change the taste. Choosing a refined coconut oil will yield a more neutral-tasting product compared to unrefined.

When substituting: In general, I use the same amount of oil compared with the amount of butter called for in any one recipe.

Applesauce

Applesauce not only replaces butter in recipes, but it also adds additional natural sweetness if you're looking to cut down the added refined sugar. The cooked and pureed apples add structure and moisture to baked goods, plus extra fiber that helps bind water. Choose the unsweetened version to keep the calorie load at a minimum.

When substituting: You can replace 100% of butter for applesauce, however using some fat from yogurt, nut butter or alternative oil can help cakes, muffins, and quick bread from tasting too dry.

Pumpkin Puree

It couldn't be a more perfect match than to use pumpkin puree for replacing butter, especially for those seasonal fall and winter baking recipes. Each serving will pack in more fiber and nutrients like beta-carotene, potassium, and vitamin K in each slice of muffin, quick bread or coffee cake.

When substituting: Pumpkin puree can replace butter by 100%, as well as any oil, adding its orange color, sweet, earthy and creamy flavor to the baked good.

The Role of Butter in Baking

Of course, I love cooking with butter. Its high-fat content (around 80%, the rest mainly water and milk solids) makes it the near-unparalleled darling of baked goods—for dense, flaky,

spongy cookies, cakes, pastries, and other things. Overall, certain things really are best with butter, like pie crusts, shortbread cookies, and puff pastries, as butter makes up the main ingredients, meaning fat content could be crucial for the recipe's success.

Overall, butter is a leavening agent. When sugar combines with butter (and its fat), the granules beat into the fat and aerate it, giving baked goods texture and flavor. However, as animal fat, it's also high in calories, cholesterol, and saturated fats (7 grams per tablespoon) and is a dairy product, so it may have to be avoided for people with certain diets or health concerns like lactose intolerance or milk allergy.

<https://www.jessicagavin.com/substitutes-for-butter/>

#12 THREE SUBSTITUTES FOR YEAST IN BAKING

<https://www.healthline.com/nutrition/yeast-substitute>

Yeast is an essential ingredient in many bread recipes, including dinner rolls, pizza dough, cinnamon rolls, and most loaf breads. It causes dough to rise, resulting in pillow-like soft bread.

For baking purposes, it's usually sold as instant or active dry yeast — a light brown powder composed of a yeast called *Saccharomyces cerevisiae*.

Dry yeast activates in the presence of water and sugar as it begins to eat and digest the sugar. This produces carbon dioxide bubbles that get trapped in dense dough. They then expand at room temperature or when exposed to heat, causing the dough to rise.

This rising process — known as leavening — results in larger, fluffier, and softer baked goods than those that don't rise, such as flatbreads and crackers.

You may wonder whether you can replicate this leavening process without yeast. Fortunately, several other ingredients replicate the action of yeast in baking.

Here are the 3 best substitutes for yeast.

1. Baking powder

Baking powder is a staple ingredient in a baker's pantry. It contains baking soda and an acid, usually cream of tartar.

Like yeast, baking powder acts as a leavening agent. It works in two ways:

- Reacting with liquid. When moistened, the acid reacts with the baking soda to produce carbon dioxide bubbles.
- Reacting with heat. When heated, these gas bubbles expand and cause the dough to rise.

Baking powder reacts immediately when exposed to liquid and heat. Thus, unlike when using yeast, using baking powder does not require additional rise time. For this reason, it's used to leaven quick types of bread like pancakes, cornbread, biscuits, and cakes.

In baked goods, you can replace yeast with an equal amount of baking powder. Just keep in mind that the leavening effects of baking powder will not be as distinct as those of yeast.

SUMMARY

Baking powder causes baked goods to rise rapidly, but not to the same extent as yeast. You can replace yeast with baking powder at a one-to-one ratio.

2. Baking soda and acid

You can also use baking soda combined with acid to replace yeast. Baking soda and acid work together to cause the same reactions as baking powder. However, using baking soda or

acid separately will not make baked goods rise — you need to combine them for the reaction to occur.

Examples of acids to use alongside baking soda to replicate the leavening action of yeast include:

- lemon juice
- buttermilk
- milk and vinegar mixed in a one-to-one ratio
- cream of tartar

To substitute baking soda and acid for yeast in a recipe, replace half of the required amount of yeast with baking soda and the other half with acid.

For example, if a recipe calls for 2 teaspoons of yeast, simply use 1 teaspoon of baking soda and 1 teaspoon of an acid.

Like when using baking powder, using baking soda and acid does not require a rise time, and the leavening effects will not be as powerful as those of yeast.

SUMMARY

Baking soda and acid cause the same reaction as baking powder does, resulting in a quick rise. To use it in place of yeast, use 50% baking soda and 50% acid as a one-to-one replacement.

3. Sourdough starter

Sourdough starter contains naturally occurring yeast. It's made from flour and water and used to make sourdough bread, which boasts a slightly tangy flavor from the natural fermentation process of the yeast.

Some sourdough starters are maintained for years, continually fermenting to provide a strong flavor and soft, chewy texture to artisan sourdough bread.

Fermentation by a sourdough starter works in the same way as instant yeast, forming bubbles of carbon dioxide in the dough to make it rise.

You can use 1 cup of sourdough starter to replace one 2-teaspoon package of yeast.

If your starter is thick, reduce the amount of flour in the recipe, and if your starter is thin, either reduce the amount of liquid or increase the amount of flour to achieve the correct texture. Using sourdough starter instead of yeast also requires about double the rise time.

HOW TO MAKE YOUR OWN SOURDOUGH STARTER

Growing a sourdough starter takes a minimum of 5 days, but once you have one, it's easy to maintain and use. Here's what you'll need:

- at least 2 1/2 cups of all-purpose flour

- at least 2 1/2 cups of water

Here are the steps to make your own sourdough starter:

- Day 1: Combine 1/2 cup of flour and 1/2 cup of water in a large glass container and cover loosely with plastic wrap or a clean kitchen towel. Leave out at room temperature.
- Day 2: Feed the starter with 1/2 cup of flour and 1/2 cup of water and combine well. Cover loosely and leave at room temperature. By the end of day 2, you should see bubbles forming, which means the yeast is growing and fermenting the flour.
- Day 3: Repeat the steps in day 2. The mixture should smell yeasty and have a good amount of bubbles.
- Day 4: Repeat the steps in day 2. You should notice more bubbles, a stronger and more sour smell, and that it's growing in size.
- Day 5: Repeat the steps in day 2. Your sourdough starter should smell yeasty and have many bubbles. It's now ready to use.

To maintain your sourdough starter beyond day 5, store it in an airtight container in the refrigerator. Use or discard half of it every week, and feed it with another 1/2 cup of flour and 1/2 cup of water.

Sourdough starter with any contamination of fuzzy, white, or colored mold should be discarded.

Given that it takes a minimum of 5 days to produce a sourdough starter, this yeast substitute is best if you already have a sourdough starter on hand, or if you can wait 5 days before baking.

SUMMARY

You can use 1 cup of sourdough starter to replace 2 teaspoons of yeast. Still, you may need to adjust the amount of flour or liquid in the recipe and double the rise time. Making your own sourdough starter from scratch will take at least 5 days.

The bottom line

Yeast adds airiness, lightness, and chewiness to baked goods, but in a pinch, you can replace it with alternative ingredients.

Baking powder, as well as baking soda combined with an acid, react in liquid and heat to create bubbles and leaven baked goods. These yeast substitutes react quickly, so they don't require a rise time. However, they may not result in as distinct of a rising effect as yeast would.

Sourdough starter can also be used, with results comparable to those of yeast. However, sourdough starter needs approximately double the rise time and you will need to adjust ratios of liquid and flour based on the thickness of your starter.

Although none of these ingredients will completely replicate yeast in a recipe, they're great alternatives when you don't have any yeast on hand.

Other substitutes are mentioned on these websites:

<https://www.healthline.com/nutrition/yeast-substitute>

<https://www.pinterest.com/pin/52917364354926151/>